Definition: Estimate of the expected average number years of life based on the current age-specific deaths rates in the population of interest

Healthy People 2010 Goal 1: Increase Quality and Years of Healthy Life - Life Expectancy
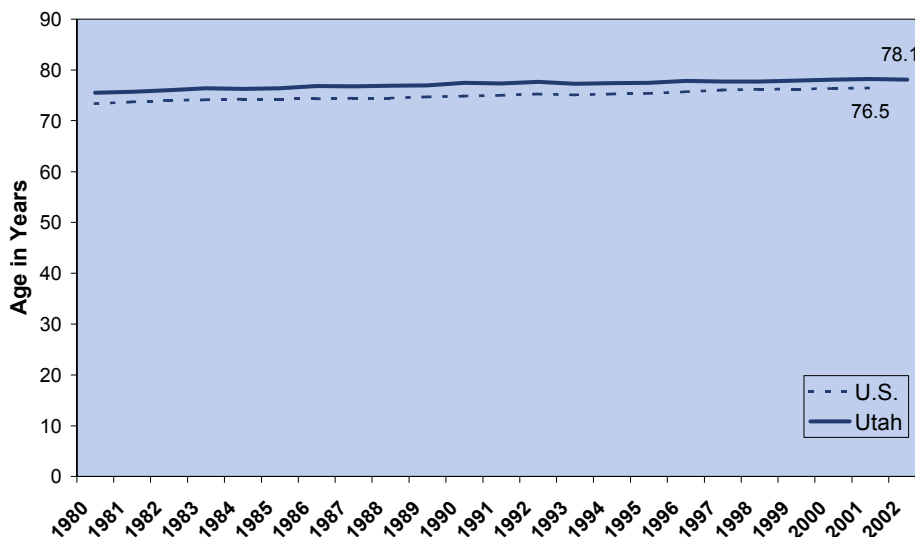
Why Is It Important?

Life expectancy is a measure that is often used to gauge the overall health of a community. Shifts in life expectancy are often used to describe trends in mortality. Being able to predict how populations will age has enormous implications for the planning and provision of services and support. Historically, small increases in life expectancy have translated into large increases in the population. As the life expectancy of a population lengthens, the number of people living with chronic illnesses tends to increase because chronic illnesses are more common among older persons.

Risk Factors for Shortened Life Expectancy

Life expectancy is influenced by mortality rate, and is influenced to a greater degree by death causes that are more common among youth. Leading causes of death in Utah are heart disease (2,874 average annual Utah deaths 1999-2002) and cancer (2,352 deaths), followed by stroke (902 deaths), unintentional injury (656 deaths), chronic lower respiratory diseases (553 deaths), diabetes (505 deaths), influenza and pneumonia (402 deaths), and suicide (307 deaths).

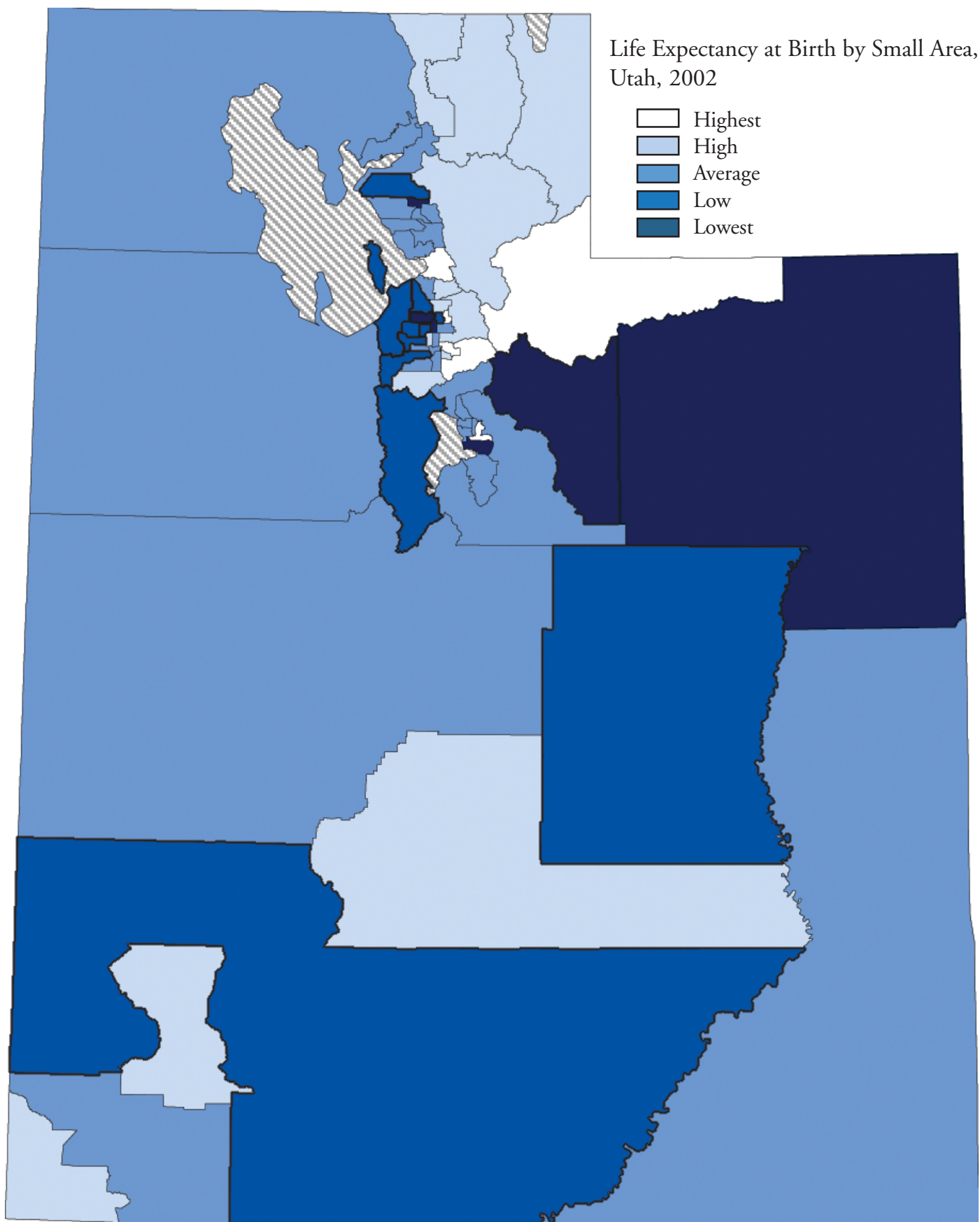| Life Expectancy Ranking, 2002	Years
Summit Co.	82.1
Foothill/U of U	81.4
Sandy, SE	81.3
Provo/BYU	80.6
Cottonwood	80.6
Farmington/Centerville	80.5
Sevier/Piute/Wayne Co.	80.4
Riverton/Draper	80.0
Morgan/E Weber Co.	79.9
Logan	79.8
Bountiful	79.7
Sandy, NE	79.7
Holladay	79.7
St. George	79.7
Cedar City	79.6
Avenues	79.5
Taylorsville	79.5
Other Cache/Rich Co.	79.3
Midvale	79.2
Syracuse/Kaysville	79.2
East Orem	79.0
Roy/Hooper	78.8
Woods Cross/No. SL	78.8
South Jordan	78.7
West Orem	78.6
North Orem	78.5
American Fork/Alpine	78.4
Utah Co. South	78.3
South Ogden	78.2
Springville/Spanish Fork	78.1
Pleasant Grove/Lindon	78.1
Other Box Elder Co.	78.0
Layton	78.0
Grand/San Juan Co.	77.8
Millcreek	77.7
Brigham City	77.7
Other Washington Co.	77.5
Juab/Millard/Sanpete Co.	77.4
Clearfield/Hill AFB	77.3
Sandy Center	77.2
West Jordan No.	77.2
Murray	77.1
Tooele Co.	76.8
Riverdale	76.8
Ben Lomond	76.7
W. Jordan, Copperton	76.7
West Valley East	76.2
Downtown Salt Lake	76.2
Other Southwest Dist.	76.2
Carbon/Emery Co.	76.1
West Valley West	76.1
Kearns	75.9
Lehi/Cedar Valley	75.9
Rose Park	75.7
Magna	75.6
TriCounty LHD	75.4
Provo South	74.9
Downtown Ogden	74.6
Wasatch Co.	74.4
Glendale	72.8
South Salt Lake	70.1

Life Expectancy at Birth,
Utah and U.S., 1980-2002

Sources: Utah Governor's Office of Planning and Budget; Office of Vital Records and Statistics, Utah Department of Health; U.S. Centers for Disease Control and Prevention, on-line data - CDC WONDER; National Vital Statistics System, National Center for Health Statistics, U.S. Centers for Disease Control and Prevention
Note: Reed-Merrill method was used to compute life expectancy. Age adjusted to U.S. 2000 standard population.

Life Expectancy at Birth

Life Expectancy at Birth by Small Area, Utah, 2002

Highest
High
Average
Low
Lowest

Source: Utah Death Certificate Database and Utah's Office of Planning and Budget

Life Expectancy at Birth by Small Area
Utah, 2002

Rank	Area of Residence	Population	Average Years of Life
	State Total	2,321,698	78.1
35	Brigham City	21,614	77.7
32	Other Box Elder Co.	22,069	78.0
10	Logan	60,674	79.8
18	Other Cache/Rich Co.	36,719	79.3
45	Ben Lomond	44,982	76.7
9	Morgan/East Weber Co.	33,159	79.9
58	Downtown Ogden	28,226	74.6
29	South Ogden	34,582	78.2
22	Roy/Hooper	40,655	78.8
43	Riverdale	25,427	76.8
39	Clearfield/Hill AFB	54,347	77.3
32	Layton	64,771	78.0
19	Syracuse/Kaysville	37,638	79.2
6	Farmington/Centerville	28,324	80.5
22	Woods Cross/North SL	19,726	78.8
11	Bountiful	45,201	79.7
54	Rose Park	32,837	75.7
16	Avenues	21,784	79.5
2	Foothill/U of U	23,261	81.4
55	Magna	23,560	75.6
60	Glendale	26,951	72.8
50	West Valley West	67,669	76.1
47	West Valley East	49,038	76.2
47	Downtown Salt Lake	50,365	76.2
61	South Salt Lake	24,548	70.1
35	Millcreek	56,958	77.7
11	Holladay	44,635	79.7
4	Cottonwood	43,477	80.6
52	Kearns	65,582	75.9
16	Taylorsville	38,709	79.5
42	Murray	30,888	77.1
19	Midvale	28,681	79.2
40	West Jordan No.	45,045	77.2
45	W. Jordan, Copperton	43,428	76.7
24	South Jordan	33,179	78.7
40	Sandy Center	51,958	77.2
11	Sandy, Northeast	24,726	79.7
3	Sandy, Southeast	30,711	81.3
8	Riverton/Draper	65,929	80.0
43	Tooele Co.	45,617	76.8
52	Lehi/Cedar Valley	27,871	75.9
27	American Fork/Alpine	40,811	78.4
30	Pleasant Grove/Lindon	39,463	78.1
26	North Orem	35,321	78.5
25	West Orem	30,512	78.6
21	East Orem	22,860	79.0
4	Provo/BYU	48,276	80.6
57	Provo South	57,655	74.9
30	Springville/Spanish Fork	61,342	78.1
28	Utah Co. South	27,082	78.3
1	Summit Co.	31,986	82.1
59	Wasatch Co.	16,604	74.4
56	TriCounty LHD	42,092	75.4
38	Juab/Millard/Sanpete Co.	45,132	77.4
7	Sevier/Piute/Wayne Co.	23,139	80.4
50	Carbon/Emery Co.	30,640	76.1
34	Grand/San Juan Co.	22,760	77.8
11	St. George	55,233	79.7
37	Other Washington Co.	43,558	77.5
15	Cedar City	29,650	79.6
47	Other Southwest Dist.	22,061	76.2

Note: Reed-Merrill method was used to compute life expectancy.

Source: Utah Death Certificate Database and the Governor's Office of Planning and Budget

Poor Physical Health Days

Definition: Percentage of adults aged 18 years and older who reported seven or more days when physical health was not good in the past 30 days.

Healthy People 2010 Goal 1: Increase Quality and Years of Healthy Life - Quality of Life
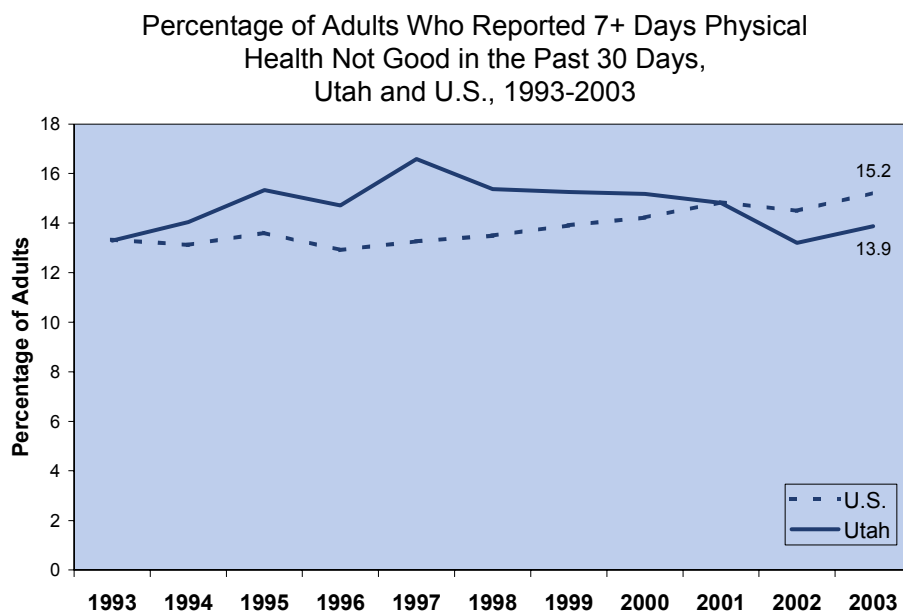
Why Is It Important?

General physical health status is the culmination of all the things that affect a person's health. A person may have had poor health because of an injury, an acute infection such as a cold or flu, or a chronic health problem. This measure can be used to identify health disparities, track population trends, plan public health programs, and measure progress at the state level toward the two major goals of Healthy People 2010: Improving the Quality and Years of Healthy Life and Eliminating Health Disparities.

Poor Phys. Health Days Ranking, 2001-2003	Percent*
Wasatch	10.2%
Davis	11.2%
Utah	12.3%
Summit	12.5%
Bear River	13.1%
Salt Lake	14.3%
Weber-Morgan	14.7%
Tooele	14.9%
TriCounty	15.0%
Southwest	15.9%
Central	16.8%
Southeastern	18.2%

* Age adjusted percentages.

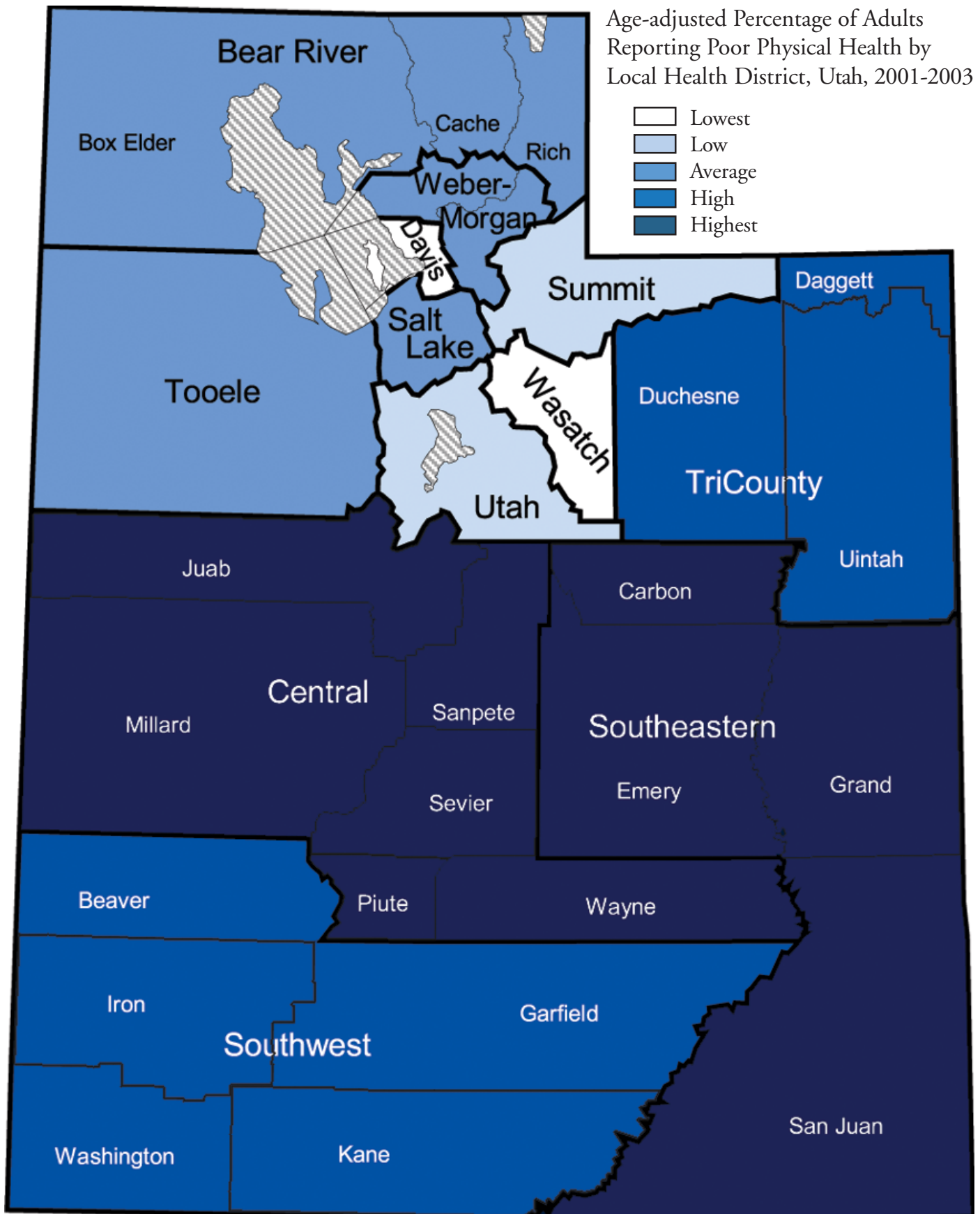### Risk Factors for Poor Physical Health Days

Poor health status is related to many of the risk factors for disease and injury such as overweight/obesity, physical inactivity, smoking, and lack of immunization.

Percentage of Adults Who Reported 7+ Days Physical Health Not Good in the Past 30 Days, Utah and U.S., 1993-2003

Sources: Utah Data: Behavioral Risk Factor Surveillance System, Office of Public Health Assessment, Utah Department of Health; U.S. Data: National Center for Chronic Disease Prevention and Health Promotion, Behavioral Risk Factor Surveillance System (BRFSS)
Note: Age adjusted to U.S. 2000 standard population. This question was asked all years from 1993-2001 in Utah and the U.S. In 2002, Utah and 22 other states asked the question. U.S. data are the average for all states and the District of Columbia; they do not include the U.S. territories.

Age-adjusted Percentage of Adults
Reporting Poor Physical Health by
Local Health District, Utah, 2001-2003

Legend:
- Lowest
- Low
- Average
- High
- Highest

Bear River

Box Elder

Cache

Rich

Weber-Morgan

Davis

Summit

Daggett

Salt Lake

Tooele

Wasatch

Duchesne

TriCounty

Uintah

Utah

Juab

Carbon

Central

Millard

Sanpete

Southeastern

Sevier

Emery

Grand

Beaver

Piute

Wayne

Iron

Garfield

Southwest

San Juan

Washington

Kane

Source: Utah Death Certificate Database

Self-reported Poor Physical Health Days by Local Health District
Utah Adults Ages 18 and Over, 2001-2003

Rank	Area of Residence	Average Adult Population (Ages 18+)	Percentage of Adults Ages 18+ Reporting 7 or More Days in the Past 30 When Their Physical Health Was Not Good				
			Average Annual Number of Adults	Crude Rates	Age Adjusted Rates*	95% Confidence Interval	
						Lower	Upper
	State Total	1,588,190	208,290	13.1%	13.9%	(13.1% -	14.7%)
5	Bear River	95,435	11,871	12.4%	13.1%	(10.4% -	15.7%)
11	Central	45,566	7,369	16.2%	16.8%	(14.0% -	19.5%)
2	Davis	164,964	15,868	9.6%	11.2%	(8.5% -	13.8%)
6	Salt Lake	646,050	88,353	13.7%	14.3%	(12.9% -	15.8%)
12	Southeastern	36,642	6,647	18.1%	18.2%	(15.4% -	21.1%)
10	Southwest	104,390	16,741	16.0%	15.9%	(13.1% -	18.7%)
4	Summit	22,982	2,646	11.5%	12.5%	(9.2% -	15.8%)
8	Tooele	30,286	4,179	13.8%	14.9%	(11.9% -	17.9%)
9	TriCounty	27,944	4,064	14.5%	15.0%	(12.3% -	17.7%)
3	Utah	258,294	28,896	11.2%	12.3%	(10.1% -	14.5%)
1	Wasatch	11,201	1,126	10.1%	10.2%	(7.8% -	12.6%)
7	Weber-Morgan	144,437	20,475	14.2%	14.7%	(12.1% -	17.3%)

* Percentages have been age adjusted to the U.S. 2000 standard population.

Source: Utah Behavioral Risk Factor Surveillance System